GWAIVANGMIN ZUMSHOK DORCAS  
17/MHS01/134  
17/MHS01/137  
300 LEVEL  
NEUROPHYSIOLOGY ASSIGNMENT   
PHS 305  
  
  
QUESTIONS   
1. Discuss the physiology of sleep  
2. Discuss the role of basal ganglia in coordinating movement.  
  
  
  
ANSWERS  
Question 1   
Humans spend about one-third of their lives asleep. Sleep is a universal need of all higher life forms including humans, absence of which has serious physiological consequences.  
There are two types of sleep, non-rapid eye-movement (NREM) sleep and rapid eye-movement (REM) sleep. NREM sleep is divided into stages 1, 2, 3, and 4, representing a continuum of relative depth. Each has unique characteristics including variations in brain wave patterns, eye movements, and muscle tone. Sleep cycles and stages were uncovered with the use of electroencephalographic (EEG) recordings that trace the electrical patterns of brain activity.  
Over the course of a period of sleep, NREM and REM sleep alternate cyclically. The function of alternations between these two types of sleep is not yet understood, but irregular cycling and/or absent sleep stages are associated with sleep disorders. For example, instead of entering sleep through NREM, as is typical, individuals with narcolepsy enter sleep directly into REM sleep.  
  
NREM AND REM sleep cycles   
A sleep episode begins with a short period of NREM stage 1 progressing through stage 2, followed by stages 3 and 4 and finally to REM. However, individuals do not remain in REM sleep the remainder of the night but, rather, cycle between stages of NREM and REM throughout the night. NREM sleep constitutes about 75 to 80 percent of total time spent in sleep, and REM sleep constitutes the remaining 20 to 25 percent. The average length of the first NREM-REM sleep cycle is 70 to 100 minutes. The second and later are approximately 90 to 120 minutes. In normal adults, REM sleep increases as the night progresses and is longest in the last one-third of the sleep episode. As the sleep episode progresses, stage 2 begins to account for the majority of NREM sleep, and stages 3 and 4 may sometimes altogether disappear.  
  
Stages of sleep   
The four stages of NREM sleep are each associated with distinct brain activity and physiology.  
  
Stage 1 sleep  
NREM stage 1 sleep serves a transitional role in sleep-stage cycling. Aside from newborns and those with narcolepsy and other specific neurological disorders, the average individual’s sleep episode begins in NREM stage 1. This stage usually lasts 1 to 7 minutes in the initial cycle, constituting 2 to 5 percent of total sleep, and is easily interrupted by a disruptive noise. Brain activity on the EEG in stage 1 transitions from wakefulness (marked by rhythmic alpha waves) to low-voltage, mixed-frequency waves. Alpha waves are associated with a wakeful relaxation state and are characterized by a frequency of 8 to 13 cycles per second.  
  
Stage 2 sleep   
Stage 2 sleep lasts approximately 10 to 25 minutes in the initial cycle and lengthens with each successive cycle, eventually constituting between 45 to 55 percent of the total sleep episode. An individual in stage 2 sleep requires more intense stimuli than in stage 1 to awaken. Brain activity on an EEG shows relatively low-voltage, mixed-frequency activity characterized by the presence of sleep spindles and K-complexes. It is hypothesized that sleep spindles are important for memory consolidation. Individuals who learn a new task have a significantly higher density of sleep spindles than those in a control group.

Stages 3 and 4, slow-wave sleep.  
Sleep stages 3 and 4 are collectively referred to as slow-wave sleep (SWS), most of which occurs during the first third of the night. Each has distinguishing characteristics. Stage 3 lasts only a few minutes and constitutes about 3 to 8 percent of sleep. The EEG shows increased high-voltage, slow-wave activity.  
The last NREM stage is stage 4, which lasts approximately 20 to 40 minutes in the first cycle and makes up about 10 to 15 percent of sleep. The arousal threshold is highest for all NREM stages in stage 4. This stage is characterized by increased amounts of high-voltage, slow-wave activity on the EEG.  
  
REM sleep  
REM sleep is defined by the presence of desynchronized (low-voltage, mixed-frequency) brain wave activity, muscle atonia, and bursts of rapid eye movements. “Sawtooth” wave forms, theta activity (3 to 7 counts per second), and slow alpha activity also characterize REM sleep. During the initial cycle, the REM period may last only 1 to 5 minutes; however, it becomes progressively prolonged as the sleep episode progresses.  
Dreaming is most often associated with REM sleep. Loss of muscle tone and reflexes likely serves an important function because it prevents an individual from “acting out” their dreams or nightmares while sleeping. Approximately 80 percent of vivid dream recall results after arousal from this stage of sleep. REM sleep may also be important for memory consolidation  
  
Physiological changes in sleep  
1. Cardiovascular: Changes in blood pressure and heart rate occur during sleep and are primarily determined by autonomic nervous system activity. For instance, brief increases in blood pressure and heart rate occur with K-complexes, arousals, and large body movements. Further, there is an increased risk of myocardial infarction in the morning due to the sharp increases in heart rate and blood pressure that accompany awakening.  
  
2. Sympathetic-nerve activity: Sympathetic-nerve activity decreases as NREM sleep deepens; however, there is a burst of sympathetic-nerve activity during NREM sleep due to the brief increase in blood pressure and heart rate that follows K-complexes. Compared to wakefulness, there is a rise in activity during REM sleep.  
  
3. Respiratory: Ventilation and respiratory flow change during sleep and become increasingly faster and more erratic, specifically during REM sleep. Ventilation data during REM sleep are somewhat unclear, but they suggest that hypoventilation (deficient ventilation of the lungs that results in reduction in the oxygen content or increase in the carbon dioxide content of the blood or both) occurs in a similar way as during NREM sleep. Several factors contribute to hypoventilation during NREM, and possibly REM, sleep such as reduced pharyngeal muscle tone. Further, during REM sleep, there is reduced rib cage movement and increased upper airway resistance due to the loss of tone in the intercostals and upper airway muscles. More generally, ventilation and respiratory flow show less effective adaptive responses dur ing sleep. The cough reflex, which normally reacts to irritants in the airway, is suppressed during REM and NREM sleep. The hypoxic ventilatory response is also lower in NREM sleep than during wakefulness and decreases further during REM sleep. Similarly, the arousal response to respiratory resistance (for example, resistance in breathing in or out) is lowest in stage 3 and stage 4 sleep.  
  
4. Cerebral blood flow: NREM sleep is associated with significant reductions in blood flow and metabolism, while total blood flow and metabolism in REM sleep is comparable to wakefulness. However, metabolism and blood flow increase in certain brain regions during REM sleep, compared to wakefulness, such as the limbic system (which is involved with emotions), and visual association areas.  
  
5. Renal: There is a decreased excretion of sodium, potassium, chloride, and calcium during sleep that allows for more concentrated and reduced urine flow. The changes that occur during sleep in renal function are complex and include changes in renal blood flow, glomerular filtration, hormone secretion, and sympathetic neural stimulation.  
  
6. Endocrine: Endocrine functions such as growth hormone, thyroid hormone, and melatonin secretion are influenced by sleep. Growth hormone secretion typically takes place during the first few hours after sleep onset and generally occurs during SWS, while thyroid hormone secretion takes place in the late evening. Melatonin, which induces sleepiness, likely by reducing an alerting effect from the suprachiasmatic nucleus, is influenced by the light-dark cycle and is suppressed by light.  
  
In adults, men spend greater time in stage 1 sleep and experience more awakenings. Although women maintain SWS longer than men, they complain more often of difficulty falling asleep and midsleep awakenings. In contrast, men are more likely to complain of daytime sleepiness.  
In women, the menstrual cycle may influence sleep-wake activity; however, methodological challenges have limited the number of conclusive findings. There have been a number of studies that suggest that women’s sleep patterns are greatly affected during pregnancy and the postpartum period. For example, women often experience considerable daytime sleepiness during pregnancy and during the first few postpartum months.  
  
  
  
Question 2.  
Basal ganglia (basal nuclei) are a group of nuclei in brains of vertebrates. Situated at the base of the fore brain composed of 4 clusters of neurons, or nerve cells and strongly attached to the cerebral cortex, thalamus and other brain areas. They are associated with functions like; voluntary motor control, eye movements, emotional functions, etc. This area of the brain is responsible for body movement and coordination.  
The groups of neurons most prominently and consistently affected in Huntington disease -- the pallidum and striatum -- are located in the basal nuclei. (The pallidum is composed of structures called the globus pallidus and the ventral pallidum while the striatum consists of the caudate nucleus, putamen, and ventral striatum).  
Parkinson's disease and Huntington's disease are used to study movement functions of basal ganglia.  
Parkinson's disease involves the major loss of dopamimagic cells in the substantia nigra. Huntington's disease involves massive loss of medium spiny neurons in the striatum.  
Parkinson's disease is characterized by gradual loss of the ability to initiate movement, whereby Huntington's disease is characterized by the inability to move certain parts of the body unintentionally.  
Eye movements is influenced by a network of brain regions than converge at the mid brain area called the superior colliculus(SC).